IN THE CLAIMS

1. (Currently amended) A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning securing the seal assembly to in contact with the wellhead; and applying and retaining a tensile force on the string after said securing, all in one trip.

- 2. (Original) The method of claim 1, comprising: securing the seal assembly to the wellhead.
- 3. (Currently amended)

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead prior to said pulling.

4. (Currently amended) The method of claim 3, comprising:

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead;

using a running tool to deliver said string and seal assembly; releasing said lock ring using said running tool.

- 5. (Original) The method of claim 4, comprising:

 retaining said string with the running tool after releasing said lock ring.
- 6. (Original) The method of claim 5, comprising:releasing the lock ring by rotation of the running tool.
- 7. (Original) The method of claim 4, comprising:
 using the running tool to pull tension on said string;
 locking in the tension with a ratchet.
- 8. (Previously amended)

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole; positioning the seal assembly in contact with the wellhead; and

pulling a tensile force on the string, all in one trip;

allowing a lock ring to move between said seal assembly and the wellhead to secure said seal assembly in the wellhead;

using a running tool to deliver said string and seal assembly;

releasing said lock ring using said running tool;

using the running tool to pull tension on said string;

locking in the tension with a ratchet;

providing a biased dog in a groove on said string having at least one exterior tooth;

securing a ratchet rack to said seal assembly;

moving said dog with respect to said rack while tension is applied; and allowing said dog to retain said tension when said tooth jumps into an adjacent depression in said rack.

9. (Original) The method of claim 8, comprising:

building in said bias integrally into said dog.

10. (Currently amended)

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead;

securing the string downhole;

positioning the seal assembly in contact with the wellhead; and

pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before said positioning of said seal

assembly;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force.

11. (Currently amended) The method of claim 10, comprising:

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before said positioning of said seal assembly;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a hydraulic piston for said advancing.

12. (Currently amended) The method of claim 10, comprising:

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before said positioning of said seal assembly;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a rack and pinion for said advancing.

13. (Original) The method of claim 10, comprising:

using a running tool to insert said string and said seal assembly into the wellhead: advancing said seal assembly by moving it into the wellhead with respect to said running tool.

14. (Currently amended) The method of claim 13, comprising:

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before said positioning of said seal assembly;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a running tool to insert said string and said seal assembly into the wellhead:

advancing said seal assembly by moving it into the wellhead with respect to said

running tool;

releasing a lock, after said advancing, to secure said seal assembly to the wellhead with said running tool.

- 15. (Original) The method of claim 1, comprising:
 securing said seal assembly to a hanger; and
 securing the hanger and seal assembly to the wellhead.
- 16. (Original) The method of claim 10, comprising:
 securing said seal assembly to a hanger; and
 securing the hanger and seal assembly to the wellhead.
- 17. (Original) The method of claim 14, comprising:
 securing said seal assembly to a hanger; and
 securing the hanger and seal assembly to the wellhead.

18. (Previously amended)

A one trip method of tensioning and sealing a tubular string to a wellhead, comprising:

running the tubular string and a seal assembly together into the wellhead; securing the string downhole;

positioning the seal assembly in contact with the wellhead; and pulling a tensile force on the string, all in one trip;

pulling said tensile force on said string before said positioning of said seal assembly;

advancing said seal assembly into said wellhead during or after said pulling of said tensile force;

using a running tool to insert said string and said seal assembly into the wellhead:
advancing said seal assembly by moving it into the wellhead with respect to said
running tool;

releasing a lock, after said advancing, to secure said seal assembly to the wellhead with said running tool;

securing said seal assembly to a hanger; and

securing the hanger and seal assembly to the wellhead;

providing a biased dog in a groove on said string having at least one exterior tooth;

securing a ratchet rack to said hanger;

moving said dog with respect to said rack while tension is applied; and allowing said dog to retain said tension when said tooth jumps into an adjacent depression in said rack.

19. (Previously amended) The method of claim 18, comprising:

providing a seal between said string and said rack during relative movement between them.

20. (Original) The method of claim 8, comprising:

providing a seal between said string and said rack during relative movement between them.